Yellow-Pea Soup for 6

Makes: 6 servings

Prep Time: 20-30 minutes

Cook Time: 1 hour or more

Ingredients:

- **5 tbsp** olive oil (optional)
- **2-3 cloves** garlic, diced
- **1** onions, chopped
- **1 tsp** thyme
- **1 tsp** basil
- **1 tsp** oregano
- **½ cup** water
- **2 cups** yellow peas
- **½ cup** barley
- **1 tbsp** sea salt (optional)
- **1 tbsp** black pepper
- **4-5** potatoes, cubed
- **½ cup** carrots, chopped
- **2-4 stalks** celery

Equipment:

- **4 L** Soup Pot

Sauté garlic for thirty seconds in oil or dry soup pot, then add onions and spices. Sauté unti onions tart to brown on their edges. Add peas and stir until heated and coated spices; then add water, barley and pepper, and bring to a

boil. If using salt, add it to water. Add chopped vegetables and bring to a second boil, then reduce heat to low and cover. Stir occasionally and simer for forty-five minutes or until peas are cooked to desired softness. Serve hot. (Note: The soup can simmer for as long as you like, if you continue adding additional water. It can also be made with any bean or combination substituted for the yellow peas. For the grain, barley works best, but rice, whole oats, wheat berries, or another whole grain will also work if you do not have barley.)

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